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These days it seems to be the trend to crank it up, if it's in your car, the dorm room or sitting around the house.

Music makes the world go 'round, right? Right!

The louder the better. Heck, we only live once –
let's kick it up a notch. We're young, or at least
young at heart, so who cares about the future ...
not us! We live for today. Risk management is for
the weak; besides when you get old, let's face it
you're old, so who cares what your body is like.
Why care if you can't hear the television, the birds
singing or the sweet sound of your baby. At least,
back in the day, you had the coolest, loudest, kickbutt stereo around. It doesn't matter that the jam
box was the reason you can't hear now. At least
you know you are in the norm, one out of every 10
Americans has hearing loss.

Many people don't think about the future because it's the future. Especially for us "younger" people who believe it can't happen to us when the "Superhero effect" takes over. But maybe, just maybe, it's time to notice and protect our hearing from loud sounds from the bass jammin' to the lawn mower cuttin' noisemakers. Lost hearing is gone forever, but it's preventable with the right knowledge.

First, don't be around loud noise if you can help it. I know cruisin' down the strip with the radio screaming boom, boom, boom is cool to some but you have to realize it destroys your hearing. Bass music can be so intense that some loudness lovers can reach sounds well over 120 to 150 decibels. Hearing damage occurs at this level after less than two minutes!

Secondly, wear protection if you're in a loud noise environment. You can tell if you are in a noise environment if you're within three feet of someone and have to talk louder than normal to be understood. If that's the case, you either need protection or to leave the area. Public health, 731-4405, can help you decide what's the best protection for you with your noise exposures.

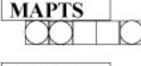
Finally, know how noise can damage your hearing. Sound stimulates tiny hair-like cells in your
inner ear that send messages to your brain. Like
wind blowing in a tree, a little is all right. Between
puffs of wind, the tree springs back into an upright
position. However, if the wind blows too hard or for
too long, the tree will become permanently bent and
may break. Similarly, the hair-like cells are damaged by too much noise for too long. While at first
the cells may recover, repeated noise will lead to
permanent damage. Often, damage occurs gradually
over a number of years and remains unnoticed until
it's too late. The damaged cells can no longer send
the messages to the brain and hearing is lost
(OSHA 1999).

Remember, noise is everywhere; don't jeopardize your future by thinking you're cool with your jammin' stereo today. Real coolness is being smart and being able to hear tomorrow's sounds.

SAFETY SCRAMBLE

Unscramble these four words, one letter each square, to form four ordinary words.











Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

Ans: AN CATON CAT

ast week's

Scrambles: WINDOW

HAZARD /

ANKLE

ISSUE

Answer: Where poor planning gets you -- NOWHERE.

FOOD

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time needs to be cooked in plenty of time to thoroughly chill in the refrigerator.

- People should wash their hands thoroughly with hot soapy water before preparing food.
- Be sure all work surfaces and utensils are clean. Bacteria can be present on any surface or food.
- Marinate meat and poultry in a covered dish in the refrigerator. Never partially cook food to finish later.
- When picnicking or cooking outdoors, take plenty of clean utensils. Keep the cooler in the shade with the lid closed. Replenish ice if it melts. Serve grilled foods on a clean plate, not the one used for raw items.
- D People should cook meats and poultry well. Beef should be cooked to an internal temperature of 145 degrees Fahrenheit. Ground beef needs to reach 155 degrees Fahrenheit, and poultry needs to reach at least 165 degrees Fahrenheit internally. Keep hot foods hot.
- B Refrigerate leftovers immediately. Divide foods into small shallow containers to help foods cool faster. Reheat all leftovers thoroughly to at least 165 degrees Fahrenheit. Remember, when in doubt throw it out.

Whether picnicking in the park or enjoying a nice dinner at home, remember these tips for a safe and fun summertime meal. For more information, call the public health office at 731-4405.

MATCH POINT

Always keep a shovel, rake and water nearby when burning debris.

REMEMBER, ONLY YOU CAN PREVENT FOREST FIRES.



A Public Service of the USDA Forest Service and Your State Forester.



